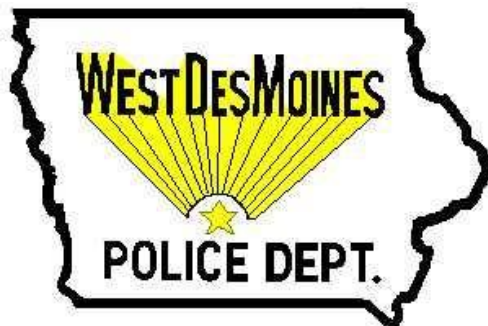


BIKE SAFETY



SPONSORED BY:





Bicycle Inspection Check List

Name: _____ Age: _____ Date: _____

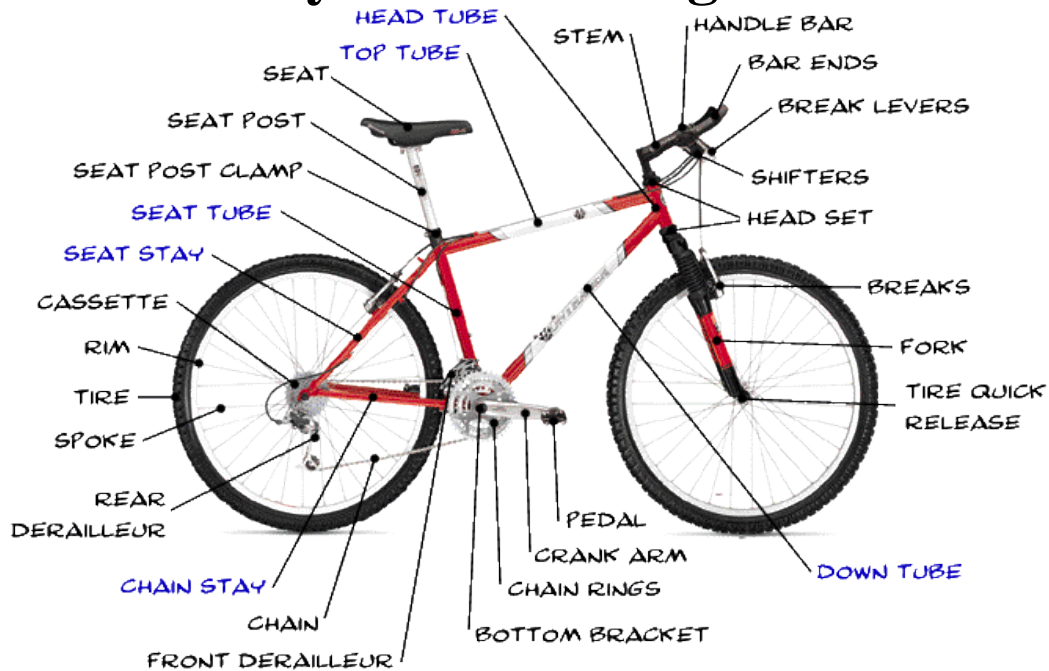
Address: _____ City: _____

Make of Bicycle: _____ Serial # _____

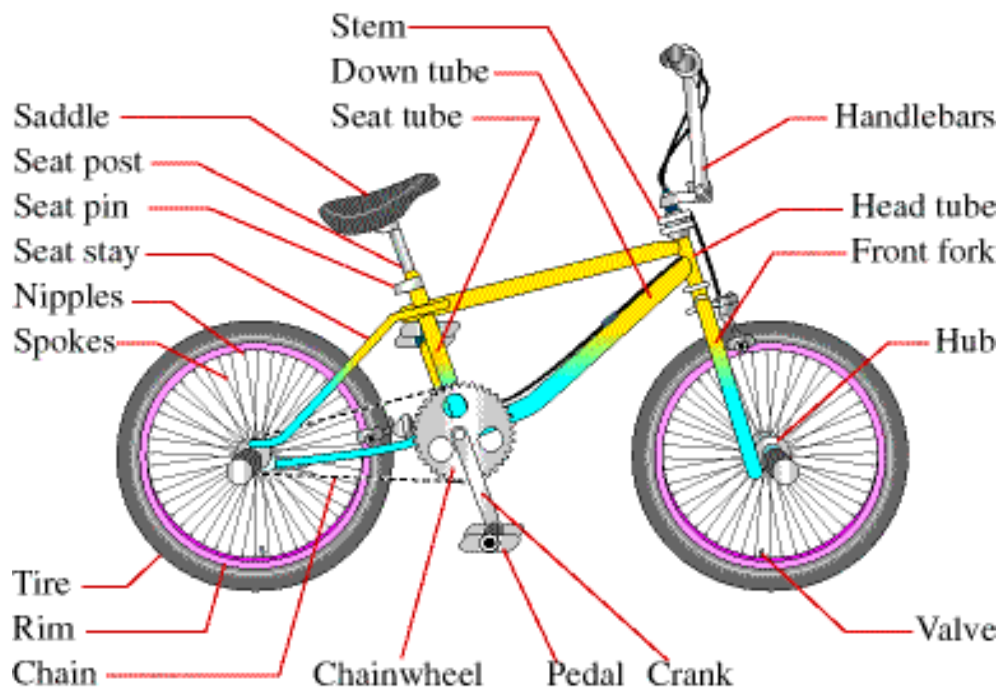
Model _____ Speed: _____ Height: _____

	Front		Rear				
	Yes	No	Yes	No		Yes	No
Wheels					Frame		
Reflectors on wheels	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Bent, Cracked	<input type="checkbox"/>	<input type="checkbox"/>
Spokes loose, broken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sprockets		
Axle nuts loose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Teeth, damaged	<input type="checkbox"/>	<input type="checkbox"/>
Wobble, rub	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Coaster Brake		
Rim bent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Stops smoothly, quickly	<input type="checkbox"/>	<input type="checkbox"/>
Bind	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hand Brakes		
Tires					Handbrake levers move easily	<input type="checkbox"/>	<input type="checkbox"/>
Correct inflation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cables taunt	<input type="checkbox"/>	<input type="checkbox"/>
Cuts, cracks, bulges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Adjusted properly	<input type="checkbox"/>	<input type="checkbox"/>
Worn tread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pads worn	<input type="checkbox"/>	<input type="checkbox"/>
Tire valve centered	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Derailleur's		
Leak	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Gear changer loose	<input type="checkbox"/>	<input type="checkbox"/>
Reflectors					Lubricated	<input type="checkbox"/>	<input type="checkbox"/>
Damaged	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Adjusted properly	<input type="checkbox"/>	<input type="checkbox"/>
Missing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cables frayed	<input type="checkbox"/>	<input type="checkbox"/>
Fork	Yes			No	Equipment & Accessories		
Loose	<input type="checkbox"/>			<input type="checkbox"/>	Kickstand		
Bent	<input type="checkbox"/>			<input type="checkbox"/>	Loose	<input type="checkbox"/>	<input type="checkbox"/>
Pedals					Damaged	<input type="checkbox"/>	<input type="checkbox"/>
Loose	<input type="checkbox"/>			<input type="checkbox"/>	Package Carrier		
Tread worn	<input type="checkbox"/>			<input type="checkbox"/>	Loose Damaged	<input type="checkbox"/>	<input type="checkbox"/>
Bind	<input type="checkbox"/>			<input type="checkbox"/>	Bell or Horn		
Reflectors on pedals	<input type="checkbox"/>			<input type="checkbox"/>	Loose	<input type="checkbox"/>	<input type="checkbox"/>
Chain					Damaged	<input type="checkbox"/>	<input type="checkbox"/>
Loose, tight	<input type="checkbox"/>			<input type="checkbox"/>	Good sound	<input type="checkbox"/>	<input type="checkbox"/>
Damaged	<input type="checkbox"/>			<input type="checkbox"/>	Rearview Mirror		
Lubricated	<input type="checkbox"/>			<input type="checkbox"/>	Loose	<input type="checkbox"/>	<input type="checkbox"/>
Clean	<input type="checkbox"/>			<input type="checkbox"/>	Damaged	<input type="checkbox"/>	<input type="checkbox"/>
Handlebar					Adjusted	<input type="checkbox"/>	<input type="checkbox"/>
Loose	<input type="checkbox"/>			<input type="checkbox"/>	Speedometer, Odometer		
Proper height	<input type="checkbox"/>			<input type="checkbox"/>	Loose	<input type="checkbox"/>	<input type="checkbox"/>
Grips or tape missing, loose				<input type="checkbox"/>	Damaged	<input type="checkbox"/>	<input type="checkbox"/>
Seat					Headlight		
Loose	<input type="checkbox"/>			<input type="checkbox"/>	Too dim	<input type="checkbox"/>	<input type="checkbox"/>
Correct Adjustment	<input type="checkbox"/>			<input type="checkbox"/>	Damaged	<input type="checkbox"/>	<input type="checkbox"/>
Chain Guard					"Day Glo" Safety Flag		
Loose	<input type="checkbox"/>			<input type="checkbox"/>	Fastened securely	<input type="checkbox"/>	<input type="checkbox"/>
Missing	<input type="checkbox"/>			<input type="checkbox"/>	Lock, Chain or Cable		
Damaged	<input type="checkbox"/>			<input type="checkbox"/>	Chain, cable long enough	<input type="checkbox"/>	<input type="checkbox"/>
Fenders					Safe lock	<input type="checkbox"/>	<input type="checkbox"/>
Loose	<input type="checkbox"/>			<input type="checkbox"/>	Strong chain or cable	<input type="checkbox"/>	<input type="checkbox"/>
Damaged	<input type="checkbox"/>			<input type="checkbox"/>			
Sharp, Rough edges	<input type="checkbox"/>			<input type="checkbox"/>			
Remarks							

Bicycle Parts Diagram



Multiple Speed Bicycle



Single Speed Bicycle

Iowa's Bicycle Laws

In Iowa, bicyclists on the highway are granted all of the rights and are subject to all of the duties applicable to drivers of vehicles. Iowa law describes a bicycle as a device with two wheels, propelled by human power, with at least one seat or saddle for use by a rider.

The law contains requirements that are unique to bicycles, such as:

1. A person riding on the highway must sit astride and upon a permanent and regular seat, attached to the bicycle.
2. A bicycle on the highway may not be used to carry more persons at one time than the number of persons for which the bicycle is designed and equipped.
3. Every bicycle being used at night must be equipped with a lamp on the front, providing a white light visible at least 300 feet to the front, and with a red light or reflector on the rear, visible from a distance of 300 feet.
4. No bicycle shall be equipped with, nor shall any person use upon a bicycle, any siren or whistle.
5. Bicycles are prohibited from interstate highways in Iowa.

Failure to obey any of these requirements could result in a \$10 fine upon conviction.

The Iowa bicycle law treats bicycles and motor vehicles alike in many ways. For example:

- A. Drivers of bicycles and motor vehicles must obey traffic laws such as observing traffic signs, signals and markings, the directions of peace officers, driving in proper lanes, and signaling intentions to turn or stop.

B. Drivers of bicycles and motor vehicles must follow proper procedures in overtaking or being overtaken on the highway. Overtaking must be done at a safe distance to the left, except where passing on the right is permitted. The return to the original side of the road must not be made until there is a safe, clear distance in front of the overtaken vehicle.

C. Drivers of bicycles and motor vehicles must, if they are moving slower than the normal speed of traffic, drive in the right hand lane, or as close as practicable to the curb or edge of the roadway, unless they are preparing for a left turn. This “as close as practicable” language is generally interpreted to allow bicyclists room to react to broken glass, sewer grates, and other road conditions that may affect the operation of the bicycle.

D. Drivers of bicycles and motor vehicles are subject to fines and other penalties upon conviction for violations of motor vehicle laws.

Local ordinances may further regulate the registration and operation of bicycles. Bicyclists may wish to inquire locally about such ordinances.

Bicycling is FUN and SAFE

When you drive like an expert.

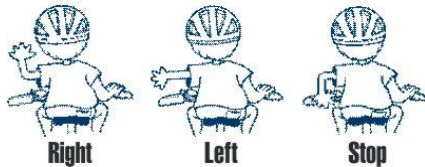
It is easy to spot a good automobile driver by watching how he drives. You can spot a good *bicycle driver* the same way.

Keep bicycling fun by driving like an expert!

8 WAYS TO SPOT AN EXPERT

An expert on a bicycle obeys *all the traffic rules for bicyclists*. You will see him do these 8 things:

- 1) Signal for turns and stops.



- 2) Obey all TRAFFIC signs and signals:

- Traffic lights: Green-Go; Yellow-CAUTION; Red- STOP
- STOP signs and crosswalk marking at intersections
- Police officers directing traffic.

- 3) Yield the right-of-way to pedestrians.
- 4) Ride alone- only ONE on a bike.
- 5) Keep both hands on the handle bars, except when signaling, and then one hand.
- 6) Ride single file- close to the right side of the street or roadway. Make no sudden change of course.
- 7) Keep the bicycle in good condition.



- 8) **At Night- Be Seen!** Have a good headlight, and a red taillight or reflector.

CONTROL IS IMPORTANT!

Like a good automobile driver, a good bicycle driver always has CONTROL. Keep your bicycle from wobbling or zig-zagging.

TIPS FOR SAFE RIDING

A few TIPS from expert bicycle drivers who keep out of accidents:

- Keep well back from moving cars- they may stop suddenly.
- Be smart on left turns-
Drive straight across the street close to the right curb.
Wait for the light to change.
Then start off in the new direction- WITH THE LIGHT.
Walk your bicycle when crossing busy streets and intersections.
- Be alert for pedestrians who might step from between parked cars.
- Be on the lookout for doors of parked cars which might open on the street side.
- Avoid driving too fast downhill, or on rough slippery roads- Good drivers *avoid* skids.
- Cross streetcar and railroad tracks fairly straight across- then your bike won't skid on the tracks.
- Play fair on your bike- Show good driving SPORTSMANSHIP to: Pedestrians
Other bike drivers
Automobile drivers

Bike Helmets: A Good Fit Means A Safe Head

Unlike some clothing and gear which can be bought large and grown into, bike helmets must fit from the start. They are only safe when they fit properly. Your child is also much more likely to wear a helmet if it fits comfortably.

The National SAFE KIDS Campaign suggests the following tips as part of its ongoing effort to promote bike helmet use and bike safety.

- Your child must try on a helmet before you buy it. Helmets come in sized to fit all heads, from small to extra large.
- A good fitting helmet is not too tight, yet does not slide around on the head. It should sit on top of the head in a level position and should not rock back and forth or from side to side.
- Most helmets come with adjustable straps to position the helmet and keep it secure.
- Most helmets also come with different sized foam pads which can be inserted to make the helmet fit better. For example, pads can be added to the sides if the child's head is narrow.
- The helmet should cover the top of your child's forehead and should not slide back on the head when worn.
- Make sure the chin strap is fastened every time she or he rides.
- And remember, to be effective a helmet must be worn by your child every time she or he rides a bicycle.



Your helmet should fit well and feel comfortable. Always fasten the strap. A helmet should sit on top of your head in a level position and should not rock back and forth or from side to side.



10 TIPS for CYCLEWISE KIDS

- 1) **Wear a helmet every time you ride.** Even if you just ride on bike paths or around your neighborhood, make sure you put on your bike helmet before you go. You don't have to be going fast to risk serious head injuries.

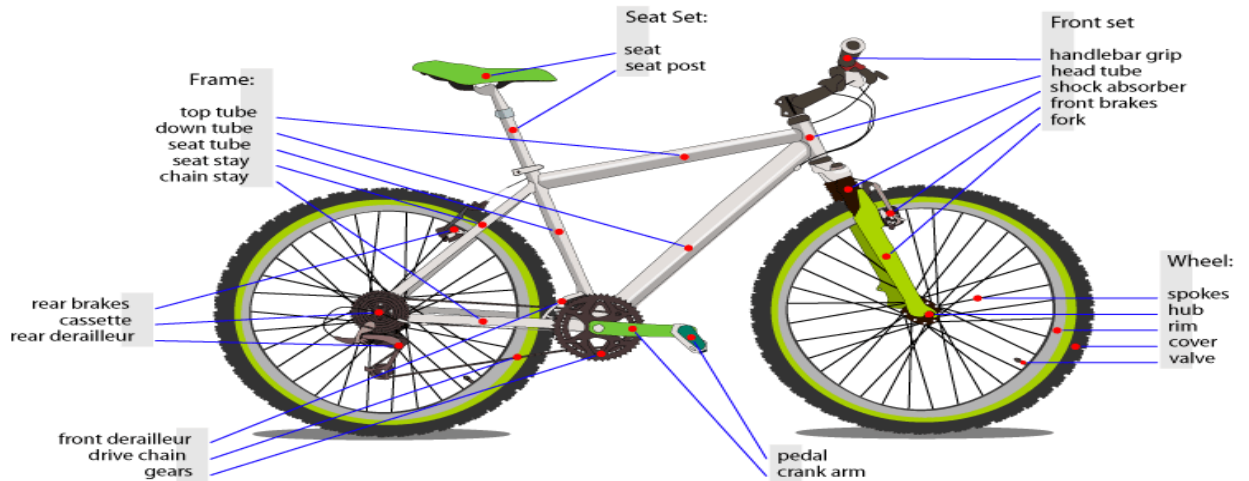
****When you buy a helmet, make sure it is designed for bicycling and is approved by ANSI or Snell****

- 2) **Stop at the end of the driveway.** Most crashes between a car and bike happen when kids don't stop at the end of their driveway to look for cars, or when they are crossing a driveway on a sidewalk and a car pulls in front of them.
- 3) **Always ride on the right side of the road.** Even if you're just going one block or to the end of the street, it is never safe to ride against traffic.
- 4) **Obey traffic laws.** Your bike is a vehicle, and just like a car, you must stop for stop signs and stop lights. Obey all traffic signs.
- 5) **Be predictable.** Don't do anything that would surprise the driver of a car- don't swerve, don't clown around, and don't run stop signs or stoplights.

- 6) **Signal when making a turn.** Let motorists know what you're doing by using proper hand signals for turning and stopping. If you are changing lanes, look behind you first to make sure it's clear.
- 7) **Be seen.** Wear light-colored clothes when you ride, and try to get a bright helmet. If you ride at night, you must have a white front light and a red rear reflector. If you are out after dark and don't have a light on your bike, call someone to pick you up or walk your bike home.
- 8) **Don't ride too close to parked cars.** Always be aware of parked cars. The driver may suddenly open the door in your path. Leave at least 3 feet of distance when passing parked cars, and be alert for cars that may be pulling out into the roadway.
- 9) **Yield the right-of-way.** Cars have to slow down for walkers, and so do you. When riding on a path, trail, or sidewalk, keep your speed down. Call out that you are approaching or passing.
- 10) **Don't clown around!!!** Never hitch a ride on a moving vehicle or do stunts or wheelies on a road with cars and trucks. Also, one person to a bike, unless it is a bike with two seats.



Learn the parts of your bike and make sure they are in good condition before riding. Accidents happen when a part of your bike is not working properly.



C	H	A	I	N	G	U	A	R	D	W	H
K	A	F	P	K	U	T	K	E	T	E	B
E	N	C	S	E	A	T	E	F	O	K	R
M	D	E	M	E	D	T	X	L	E	O	A
A	L	O	C	K	A	A	D	E	L	P	K
R	E	S	P	O	K	E	L	C	X	S	E
F	B	R	S	P	I	R	G	T	A	N	D
R	A	T	I	R	E	N	K	O	X	C	K
S	R	W	H	E	E	L	T	R	I	M	L

CIRCLE THE BIKE PARTS IN THE PUZZLE.

**WORDS MAY GO ACROSS, DOWN,
BACKWARDS OR ON A DIAGNAL.**

WORK BANK

Spoke	Reflector
Lock	Brake
Tire	Frame
Wheel	Handlebar
Chain Guard	Pedal
Seat	Grips

ANSWER KEY

C	H	A	I	N	G	U	A	R	D	W	H
K	A	F	P	K	U	T	K	E	T	E	B
E	N	C	S	E	A	T	E	F	O	K	R
M	D	E	M	E	D	T	X	L	E	O	A
A	L	O	C	K	A	A	D	E	L	P	K
R	E	S	P	O	K	B	L	C	X	S	E
F	B	R	S	P	I	R	G	T	A	N	D
R	A	T	I	R	E	N	K	O	X	C	K
S	R	W	H	E	E	L	T	R	I	M	L

BICYCLE REGISTRATION

We use bicycle registration to identify ownership of bicycles if they are ever lost or stolen. Registered bicycles can be returned to their owners if they are recovered, even if the license tag has been removed from the bicycle.

Registration can be checked in three ways:

License number, serial number, and by the owner's name.

Bicycle registration is also used to identify accident victims. In Iowa every year, over 600 bicyclists are injured. Over two-thirds of those are children who carry no identification on them.

By registering your bicycle, you give law enforcement a place to start in identifying both accident victims and their bicycles.

Bicycle licenses can be purchased at either the West Des Moines City Hall located in the library at 400 G.M. Mills Civic Parkway or the West Des Moines Law Enforcement Center located at 250 G.M. Mills Civic Parkway. There is a one time fee of \$1.00 to purchase the license and it will be valid as long as you own the bicycle.

The following form is the information that is needed to register your bicycle.

BICYCLE REGISTRATION

Lic.#		DATE ISSUED:		SERIAL #		
BRAND:		MODEL:				
OWNER:				TYPE		MULTI SPEED
ADDRESS:						SINGLE SPEED
						DIRT BIKE
CITY:		PHONE:		TIRES		HIGH PRESSURE
ISSUED BY:						BALLOON
						KNOBBY
ACCESSORIES:		COLOR:		BRAKES		FOOT
						HAND
			FOOT/HAND COMB.			
		TRIM COLOR:		RIMS		ALUMINUM
						METAL
			PLASTIC			
FENDERS:		WHEELS				
			OTHER SIZE _____			